

## A Note From Our Administrator

Life's too short to wake up with regrets.  
So love the people who treat you right  
and forgive the one's who don't.

Believe everything happens for a reason.  
If you get a chance – take it!  
If it changes your life – let it!

Nobody said it would be easy,  
they just promised it would be worth it.

–Dr. Seuss

### Vince Rupert

Administrator,  
Sterling Healthcare & Rehabilitation Center

## Our Department Leaders

- **Vincent Rupert**  
Administrator
- **Dr. Kathryn Beldowski**  
Medical Director
- **Teresa Samuels**  
Director of Nursing
- **Gina Mizvitowicz**  
Admission Liaison
- **Pat Cannizzaro**  
Business Office  
Manager
- **Ann Marie Cottman**  
Activity Director
- **Mandy Nace**  
Director of Social  
Services
- **Mark Johnston**  
Director of Rehab  
Services
- **Danielle Stewart**  
Director of Food  
Services
- **James Alexander**  
Director of Maintenance
- **Terrance Cowans**  
Director of  
Housekeeping



Yvonne Pindell and Wallace King  
enjoying the entertainment



Nancy Childress and her Bingo Prize



Joseph Steward showing off his Bingo Prize



Jerry Caffo displaying a sign for Poem in  
your Pocket Day



# May 2019 Activity Calendar

## Resident Birthdays

- Khai Nguyen • 5/02
- James Dozier • 5/06
- Helena Miller • 5/09
- Marion Inzinnz • 5/09
- Jaon Alston • 5/11
- Jerry Caffo • 5/11
- Edith Romano • 5/13
- Dolores Jankiewicz • 5/13
- Helene Lockhart • 5/13
- Mary Vaden • 5/15
- Samuel Auman • 5/23
- Robert Liberatoscio • 5/27
- Nelson Anzoategui • 5/29
- Thomas Brown • 5/30

## Staff Birthdays

- Afolasade Adeyemi • 5/1
- Patricia Fifer • 5/3
- Lea Shlamowitz • 5/13
- Vina Santiago • 5/14
- Mandy Nace • 5/15
- Lucinda Pope • 5/16
- Patricia Pedulla • 5/17
- Racheal Smith • 5/21
- Aissem Ngabou • 5/22
- Robin Matthews • 5/23
- Heather Wright • 5/28
- Nicole Womack • 5/30
- Monika Holliday • 5/31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p>9:45 am <b>1</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Flowers / Art / Aroma (G) May Day Baskets / Discussion (1) Calendar Committee (2) Indoor Volley Ball / Brain Fitness (3) 2:00 pm Ring Toss / Music / Story Time (G) You be the Judge (1) Bible Study (2) Famous Faces / Places (3) May Day</p>	<p>9:45 am <b>2</b> Tea Time &amp; Trivia (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Baby Love / Music / Scents (G) Trivia Pursuit / Movie (1) Jeopardy Trivia / Anagram (2) Outside Sounds / Reminiscence (3) 2:00 pm Bowling / Art / Music (G) Science w/Gloria (1,2) Sing Along / Puzzles / Art (3)</p>	<p>9:45 am <b>3</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Shopping for Fashions (G) 20 Questions (1) It's your Call! (2) What would You Do? / Discussion (3) 2:00 pm Story Time / Sing Along (G) Who wants to be a Millionaire? (1) Rafaele Entertains (2) Table Top Games / Puzzles (3)</p>	<p>10:30 am Table Top Games / Music (G,3) Current Events (1,2) 11:00 am Abounding Grace Church (2) 2:00 pm Movie Matinee / Residents Choice (G,3) This was the Year... 1963 (1,2)</p>	
<p>9:30 am <b>5</b> Morning Worship (2)  2:00 pm Let's Celebrate Cinco de Mayo (2)  Cinco de Mayo</p>	<p>9:45 am <b>6</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Artisans / Aroma Appreciation (G) About Ramadan (1) Observing Ramadan / Discussion (2) Story Time / Sing Along (3) 2:00 pm Gardening / Discussion / Music (G) Music Bingo (1) Baking / Reminisce / Music (2) Indoor Sports / Music (3) Ramadan</p>	<p>9:45 am <b>7</b> Tea Time &amp; Trivia (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Bingo / Puzzles / Music (G) Remembering Family Road Trips (1,3) RV'ing our way to Winnipeg (2) 2:00 pm Noodle Ball / Music / Puzzles (G,3) Easy Does It Trivia / Music (1) Resident Council / Food Committee (2) 6:30 pm Chi Chester Alumni Community Band (2)</p>	<p>9:45 am <b>8</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Gentle Touch / Aroma Appreciation (G) What am I? / Discussion (1) Indoor Volley Ball / Music / Puzzles (2) Noodle Ball / Discussion / Puzzles (3) 2:00 pm Memory Lane / Ball Toss / Music (G) Name That Tune / Reminisce (1) Bible Study (2) Musical Escapes / Picture View (3)</p>	<p>9:45 am <b>9</b> Tea Time &amp; Trivia (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Folding for Fun / Music / Discussion (G) You be the Judge (1) More Trivia / Anagram (2) 20 Questions (3) 2:00 pm Ring Toss / Music / Story Time (G) Manicures and a Movie (1,3) Baptist Church (2)</p>	<p>9:45 am <b>10</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Story Time / Sing Along (G) Manicures and a Story (1) Bingo (2) Indoor Sports (3) 2:00 pm Creative Corner / Music / Puzzles (G) Bingo / Discussion (1) Phil Crosson Magic Show (2) Artisans / Puzzles / Music (3)</p>	<p>10:30 am Talking about Mothers (G,3) Current Events (1,2) 2:00 pm Movie Matinee / Residents Choice (G,3) Famous Mothers (1,2)</p>	
<p>9:30 am <b>12</b> Morning Worship (2)  2:00 pm Blue Church (2)  Mother's Day</p>	<p>9:45 am <b>13</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Bingo (G) Word Associations (1) Motherly Humor! (2) Table Top Games / Puzzles (3) 2:00 pm Wildlife Symphony / Discussion (G) Special Event (2) Timeless Trivia / Anagram (1) No Age Limits for Mom? (3)</p>	<p>9:45 am <b>14</b> Tea Time &amp; Trivia (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Baby Love / Music / Scents (G) Table Top Games (1,3) "Unsolved" Mysteries / Discussion (2) 2:00 pm Bowling / Puzzles / Music (G) Baking / Aromas / Discussions (1) Special Event (2) Memory Lane / Discussion / Music (3)</p>	<p>9:45 am <b>15</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Name That Tune / Reminisce (G) Who am I? / Discussion (1) Indoor Volley Ball / Music / Puzzles (2) Noodle Ball / Discussion / Puzzles (3) 2:00 pm Soft Animals are Amazing / Music (G) Lotto / Art (1) Special Event (2) Brain Fitness / Art / Music (3)</p>	<p>9:45 am <b>16</b> Tea Time &amp; Trivia (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Making a Collage / Music (G) What would You Do? / Discussion (1) Random Trivia / Anagram (2) Indoor Volley Ball / Music (3) 2:00 pm Lets go Shopping / Reminiscence (G) Bingo (1) Special Event (2) Lotto / Art (3)</p>	<p>9:45 am <b>17</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Parachute / Music (G) It's your Call! (1) Who wants to be a Millionaire? (2) When we were Kids (3) 2:00 pm Manicures and a Movie (G) Pokeno / Puzzles (1) Rick Baccare Entertains (2) Art / Puzzles / Ball Toss (3)</p>	<p>10:30 am Art / Puzzle / Music (G,3) Current Events (1,2) 2:00 pm Celebrating Armed Forces Day (1,2) Movie Matinee / Residents Choice (G,3)  Armed Forces Day</p>	
<p>9:30 am <b>19</b> Morning Worship (2)  2:00 pm Christ Christian Community Church (2)</p>	<p>9:45 am <b>20</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Table Top Games (G) Which Queen am I? / Discussion (1,2) Bingo / Puzzles (3) 2:00 pm Great Lakes / Discussion / Music (G) Queen Victoria Trivia / Quotes (1) Timeless Trivia / Anagram / Music (2) Artisans / Music (3) Victoria Day (Canada)</p>	<p>9:45 am <b>21</b> Tea Time &amp; Trivia (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Art / Music / Scents (G) Lotto / Puzzles / Art (1) Pokeno / Puzzles (2) Name That Tune / Reading (3) 2:00 pm When we were Kids (G) Baking / Aromas / Discussions (1) Surprise Bingo (2) Table Top Games / Puzzles (3)</p>	<p>9:45 am <b>22</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Baby Love / Music / Scents (G) What am I? / Discussion (1) Indoor Volley Ball / Music / Puzzles (2) Noodle Ball / Discussion / Puzzles (3) 2:00 pm Bowling / Puzzles / Music (G) Bingo (1) Bible Study (2) This was the Year...1997 (3)</p>	<p>9:45 am <b>23</b> Tea Time &amp; Trivia (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Laundry Day / Art / Music (G) You be the Judge (1) Burma Shave / Anagram (2) Making A Collage / Music (3) 2:00 pm Noodle Ball / Puzzles / Music (G) Bingo (1) Poker / Table Top Games (2) Valley Ball / Puzzles / Music (3)</p>	<p>9:45 am <b>24</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Bean Bag Toss / Puzzles (G) May IQ (1) Person, Place or Thing? (2) Artisans / Sing Along (3) 2:00 pm Ring Toss / Music / Story Time (G) Table Top Games / Puzzles (1,3) Meeta &amp; Soundman Frank Entertains (2)</p>	<p>10:30 am Noodle Ball / Puzzles (G,3) Current Events (1,2) 2:00 pm Movie Matinee / Residents Choice (G,3) Star of the Month (1,2)</p>	
<p>9:30 am <b>26</b> Morning Worship (2)  2:00 pm Savior Soul Band (2)</p>	<p>10:00 am <b>27</b> Artisans / Music (G,3) Which War was it? / Discussion (1,2) 2:00 pm Movie / Puzzles / Magazines (G,3) Stars, Stripes / Music / Puzzles (1,2)  Memorial Day</p>	<p>9:45 am <b>28</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Ring Toss / Music / Story Time (G) Indoor Sports / Music (1) Spa Day / Manicures / Music (2) Fruits and Vegetables / Art (3) 2:00 pm Bowling / Puzzles / Music (G) Baking / Aromas / Discussions (1) Surprise Bingo (2) Outside Sounds / Puzzles (3)</p>	<p>9:45 am <b>29</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Action Zone (G,1,2,3) 10:30 am Fruits and Vegetables / Art (G) What am I? / Discussion (1) Indoor Volley Ball / Music / Puzzles (2) Noodle Ball / Discussion / Puzzles (3) 2:00 pm Baking / Music / Art (G) Fruits and Vegetables / Art (1) Bible Study (2) Rainforest Impressions / Music (3)</p>	<p>9:45 am <b>30</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Chair Dancing (G,1,2,3) 10:30 am Laundry Time / Scents (G) Modern Trivia / Anagram (2) Tie Pillow Craft (1) Table Top Games / Puzzles (3) 2:00 pm Baby Love / Music / Scents (G) Bingo (1) Celebrating Woman in the Bible (2) Folding for Fun / Music / Discussion (3)</p>	<p>9:45 am <b>31</b> Daily Chronicle &amp; Tea Time (G,1,2,3) Fitness Zone (G,1,2,3) 10:30 am Rain Forest / Discussion / Music (G) You be the Judge (1) Trivia Pursuit (2) Balloon Toss / Music / Art (3) 2:00 pm Bowling / Puzzles / Movie (G) This was the Year ...1998 (1) Monthly Birthday Celebration (2) Manicures and a Movie (3)</p>	<p>9:00 am – Room Visits 6:30 pm – Chi Chester Alumni Community Band (2) 5/7 2:00 pm – Nursing Home Week 5/12-5/18 11:00-2:00 pm – Elderware 5/15 2:00 pm – Poker (2) 6:30 pm – Thursday Night Bingo (2)</p>	

Any Calendar Changes or Additions Will Be Posted!





## Resident of the Month: James Parish (JP)

James Parish (JP) was born on August 8, 1943, and as a young child, he went to work on the railroad with his father. He was the oldest of seven children and had six sisters. He attended Catholic School until 12th Grade.

After graduation, JP went on to work in construction and later he was employed as a Mental Health Aide and a bouncer. In 1967, his mother passed and he was left to raise his two younger sisters. He married at

age 17 and had two daughters. In his spare time, he sang in a group called the Silhouettes; this went on for many years. He also enjoyed racecars and his favorite car was a Cadillac. JP has three cats that he loves dearly. He was known for his black Fedora and never left the house without it, for he was and still is a classy dresser.

Currently, he enjoys socializing with staff and he always has a smile for everyone.



### Famous May Birthdays

The following people were born in May. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Fred **ASTAIRE**
- B. Bing **CROSBY**
- C. Salvador **DALI**
- D. Clint **EASTWOOD**
- E. Audrey **HEPBURN**
- F. Bob **HOPE**
- G. John F. **KENNEDY**
- H. George **LUCAS**
- I. Ferdinand **MAGELLAN**
- J. Willie **MAYS**
- K. Joe **NAMATH**
- L. Sugar Ray **ROBINSON**

O	M	H	L	D	K	H	A	Z	I	B	S
B	L	H	F	O	U	E	T	X	J	B	A
H	L	W	W	O	D	L	N	A	V	H	C
E	G	X	B	W	D	A	A	N	M	J	U
P	M	K	W	T	G	S	L	N	E	A	L
B	E	Q	L	S	T	R	A	I	H	D	N
U	J	K	E	A	M	L	F	W	J	S	Y
R	P	P	I	E	L	Y	B	S	O	R	C
N	O	R	V	E	J	H	L	U	F	V	S
H	E	K	G	R	O	B	I	N	S	O	N
D	T	A	C	I	R	M	M	A	Y	S	X
Z	M	V	G	N	V	I	Q	U	Y	N	X

**Bonus:** Match the person to the correct clue.

- |                         |                           |
|-------------------------|---------------------------|
| 1. Boxer _____          | 7. Movie actor _____      |
| 2. Comedian _____       | 8. Painter _____          |
| 3. U.S. president _____ | 9. Director _____         |
| 4. Movie actress _____  | 10. Explorer _____        |
| 5. Singer _____         | 11. Baseball player _____ |
| 6. Dancer/actor _____   | 12. Football player _____ |

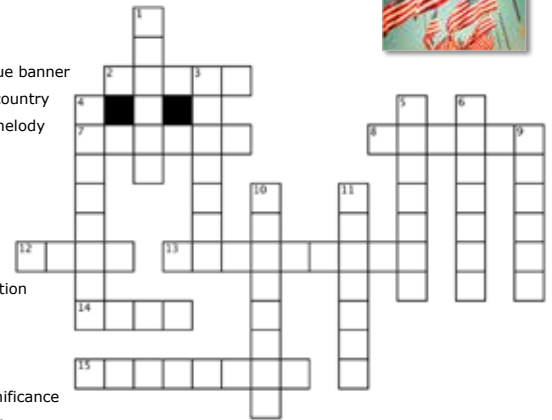
### Memorial Day

Use the clues to fill in the crossword.



- ACROSS**
- 2. Military award
  - 7. National song
  - 8. Brave men
  - 12. Red, white, and blue banner
  - 13. Devoted to one's country
  - 14. Bugler's evening melody
  - 15. War memorial

- DOWN**
- 1. Ring of flowers
  - 3. United States
  - 4. Honorary flag position
  - 5. Military stint
  - 6. Nation
  - 9. Military greeting
  - 10. Event of ritual significance
  - 11. Former serviceman



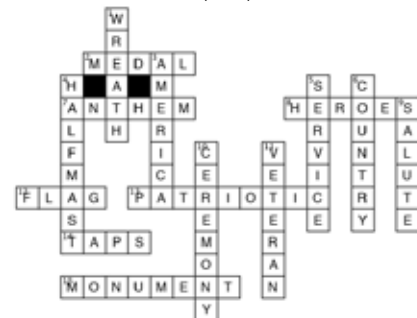
### Famous May Birthdays

(solution)

O	M	H	L	D	K	H	A	Z	I	B	S
B	L	H	F	O	U	E	T	X	J	B	A
H	L	W	W	O	D	L	N	A	V	H	C
E	G	X	B	W	D	A	A	N	M	J	U
P	M	K	W	T	G	S	L	N	E	A	L
B	E	Q	L	S	T	R	A	I	H	D	N
U	J	K	E	A	M	L	F	W	J	S	Y
R	P	P	I	E	L	Y	B	S	O	R	C
N	O	R	V	E	J	H	L	U	F	V	S
H	E	K	G	R	O	B	I	N	S	O	N
D	T	A	C	I	R	M	M	A	Y	S	X
Z	M	V	G	N	V	I	Q	U	Y	N	X

### Memorial Day

(solution)



**Bonus:** Match the person to the correct clue.

- |                       |                         |
|-----------------------|-------------------------|
| 1. Boxer - L          | 7. Movie actor - D      |
| 2. Comedian - F       | 8. Painter - C          |
| 3. U.S. president - G | 9. Director - H         |
| 4. Movie actress - E  | 10. Explorer - I        |
| 5. Singer - B         | 11. Baseball player - J |
| 6. Dancer/actor - A   | 12. Football player - K |

